



Kiwanis Community Centre
111 Lakeside Drive
P.O. Box 874
Stratford, ON N5A 6W3
519.271.4310
www.stratfordactiveadults.ca



SEPTEMBER & OCTOBER 2016 BULLETIN

A MESSAGE from PRESIDENT, Steve Kropf

Fall is one of my favourite seasons. It marks a natural break from the wonderful but hot, humid days of summer to the fresh, crisp mornings of autumn air. The change of season re-charges, and it's always enjoyable to see members return to the Kiwanis Community Centre with the stories of summer and an excitement toward the recreation and leisure activities ahead. There's no doubt in my mind that our Association provides an important support to friendship building and exposing you to new social opportunities. With this, I would like to welcome you back to your home away from home for the 2016-17 season.

Our Program Development Committee has been hard at work securing new seminars and activities for you to enjoy. Everything we do at S.L.A.A.A. is meant to help you in discovering new things, culture, people, ideas, activities, conversations and adventures.

We have brought back many of our popular programs including Yoga Class with Brad Seftel, LivFit Exercise with Grant and Diane Hernden, Bridge Lessons with Hazel Hewitt, and Keep Fit with Tini. New this season is our Walking Group with Anne Orr and Meditation with Susan Little. The walking group will depart from the Library at the KCC, Monday through Friday. Susan's meditation class will involve a 6-week exploration of how the mind is connected to the senses, and how to calm worry and improve inner peace. Should you have an idea for a new class, seminar or program, please share it with us either through the main office or any Board member.

UPCOMING BUS TRIPS

Mohawk Raceway Casino (Milton)

- Monday, September 19th, 2016

Casino Rama Overnight (Orillia)

- Wed. Oct 12th, - Thurs. Oct. 13th, 2016

Fallsview Casino (Niagara)

- Monday, November 14th, 2016

"Sister Act" Dunfield Theatre (Cambridge)

- Wednesday, December 7th, 2016

Point Edward Casino (Sarnia)

- Wednesday, December 14th, 2016

Register for all trips **in advance** at the Kiwanis Community Centre, Monday thru Friday, 8:30am-12noon and 1:00-4:30pm. **BE SURE TO PICK UP TRAVEL FLYERS FOR MORE INFORMATION ON ALL TRIPS IN THE MAIN OFFICE.**



HARVESTFEST (Friday, October 7th at 11:45am)

Hosted by the Special Events Committee, enjoy chili, garlic bread, dessert and beverage. Share the Wealth draws and Bingo will follow lunch.

Purchase your ticket in the main office of the Kiwanis Community Centre at \$8/person no later than Tuesday, October 4th.

September 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	CLOSED	6 <u>9:30am</u> Special Events Com. Meeting <u>12noon</u> Wheels to Meals	7	8 <u>9:30am</u> Advisory Com. Mgt.	9 <u>9:00am</u> Travel Com. Meeting <u>10:00am</u> Cribarama/ Euchrerama	10
11	12	13 <u>1:30pm</u> Senior Games Com. Meeting	14	15 <u>7:00pm</u> Bingo	16	17
18	19 <u>9:00am</u> Bus leaves for Mohawk Raceway <u>9:30am</u> Executive	20 <u>9:30am</u> Blood Pressure Clinic <u>12noon</u> Wheels to Meals	21	22	23 <u>10:00am</u> Pepperama	24
25	26	27	28	29	30	

October 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 <u>9:30am</u> Special Events Com. Meeting <u>12noon</u> Wheels to Meals	5	6	7 <u>9:00am</u> Travel Com. <u>11:45</u> Harvestfest	8
9	CLOSED Thanksgiving	11 <u>9:30am</u> Senior Games Com. Meeting	12 <u>8:30am</u> Bus leaves for Orillia	13	14 <u>10:00am</u> Cribarama/ Euchrerama	15
16	17 <u>9:30am</u> Executive Com. Meeting	18 <u>9:30am</u> Blood Pressure Clinic <u>12noon</u> Wheels to Meal	19	20 <u>7:00pm</u> Bingo	21 <u>1:00pm</u> Active Living Fair	22
23	24	25	26	27	28 <u>10:00am</u> Pepperama	29
30	31					

DAILY EVENTS

Mondays

9:00 Billiards
9:00 Woodcraft
9:00 Line Dancing (Intermediate)
9:00 Pickle Ball (mid Oct.)
9:30 Pepper
10:30 Line Dancing (Beginner)
11:15 Fitness
1:00 Shuffleboard
1:00 Contract Bridge
1:30 Bowling at Mikes Lanes
7:00 Crokinole (starts Oct. 17th)

Tuesdays

9:00 Billiards
9:00 Woodcraft
9:00 Lapidary
9:00 Pickle Ball (mid Oct.)
9:30 Wii Sports
10:00 Tai Chi
1:00 UFO Craft Club
1:15 Recreational Euchre
7:00 Duplicate Bridge

Wednesdays

9:00 Billiards
9:00 Woodcraft
9:00 Pickle Ball (mid Oct.)
10:00 Keep Fit
11:15 Fitness
1:00 Contract Bridge
1:00 Carpet Bowling
1:30 Solo
6:00 Shuffleboard (Oct.)

Thursdays

9:00 Billiards
9:00 Woodcraft
9:00 Painting for Pleasure
9:00 Pickle Ball (mid Oct.)
10:00 Tai Chi
1:00 Skating (starts Oct. 13th)
1:30 Cribbage

Fridays

9:00 Billiards
9:00 Woodcraft
9:00 Lapidary
9:00 Pickle Ball (mid Oct.)
10:00 Keep Fit
11:15 Fitness
1:00 Contract Bridge

Saturdays

7:00pm Euchre

ACTIVITY SEMINARS, WORKSHOPS, CLASSES, SPECIAL INTEREST



BRIDGE BASICS 1, with Hazel Hewitt

Date/Time: Tuesdays, September 13 – November 1, 1:00pm – 3:00pm
Cost: \$42/member/7-week course or \$50/non-member/7 week course
Location: Kiwanis Community Centre, Room GH
Registration: Pre-register in the main office of the KCC no later than September 9th.

A course for those who have not played bridge before, covering the basics, opening no trump hands, opening majors and opening minors. Text book is an additional \$20, and can be purchased from instructor.

BRIDGE BASICS ADVANCED, with Hazel Hewitt

Date/Time: Tuesdays, September 13 – November 1, 10:30am – 12:30pm
Cost: \$42/member/7-week course or \$50/non-member/7-week course or \$10/member/class
Location: Kiwanis Community Centre, Room GH
Registration: Pre-register in the main office of the KCC no later than September 9th.

A course for those who have completed Bridge Basics 1 or have played bridge before and want to learn new aspects of the game. Text book is an additional \$25, and can be purchased from instructor.



ACTIVE LIVING FAIR: "Healthy Brains/Healthy Lives"

Date/Time: Friday, October 21, 1:00 – 4:00pm
Cost: Free
Location: Kiwanis Community Centre, Auditorium
Registration: Not required. Drop in.

Brought to you by S.L.A.A.A. and the Alzheimer's Society of Perth County, a selection of speakers will present current issues facing the Active Adult community.

GENERAL INFORMATION

STRATFORD LAKESIDE ACTIVE ADULTS ASSOCIATION

The Association provides a focal point where people, 55 years of age and older, can congregate, as individuals or groups, to participate in activities and access services which provide enjoyment and encourage the concept of wellness.

The Association operates in connection with the Stratford Community Services Department. Each year, members of the Association elect their Executive members. The Executive operates the business of the Association and provides direction through a variety of Committees as follows: Advisory, Special Events, Travel and Senior Games.

Our Centre is located at the Kiwanis Community Centre, 111 Lakeside Drive, Stratford ON. For more information, contact us at 519-271.4310 or www.stratfordactiveadults.ca.

GARBAGE BAG TAGS AND SENIOR BUS PASSES

Garbage Bag Tags and Senior Bus Passes can be purchased at the Kiwanis Community Centre Office between the hours of 8:30am – 12 noon and 1:00pm - 4:30pm Mondays thru Fridays only.

WHERE TO FIND INFORMATION

All of the information that you require as a member of the Stratford Lakeside Active Adults Association is available inside the eastern entrance to the Kiwanis Community Centre or online at www.stratfordactiveadults.ca.

While at the Kiwanis Community Centre, members will find the following:

- **Bulletin Board** – Posters for upcoming special events and day trips will be hung in this area.
- **Brochure Racks** – Bi-monthly Bulletins, Trip Flyers and other Program Flyers are displayed in the brochure racks beside the Bulletin Board.
- **Attendance Book** – All members are asked to sign the Attendance Book, each time they use the facility.
- **Event's Schedule for the Day** – The schedule for the day's activities is listed on the display board. Please be aware that not all activities in the Kiwanis Community Centre are part of the Lakeside Active Adults Association.

PUBLIC TRANSIT



For those who rely on public transit, please be advised that the City Bus has a stop directly across from the Kiwanis Community Centre.

2016 STRATFORD LAKESIDE ACTIVE ADULTS ASSOCIATION EXECUTIVE



President
Vice President
Secretary
Treasurer

Steve Kropf
Greg Herod
Shirley Pautler
Doreen Alexander

Directors

Barbara Flanagan
George Masur
Sam Moore
Larry Walker
Millie Westley

HEALTHY ACTIVE AGING SEMINARS AND COURSES



WALKING GROUP with Anne Orr (NEW!)

Date/Time: Starts September 12, Monday – Friday, 10:30 – 11:15am
Cost: Free/Members Only
Location: Departs Kiwanis Community Centre, Library
Registration: Prior to each walk, please sign the attendance sheet provided in the Library.

Bring your friends and make new ones! Join our new walking group daily, or choose how many days you'd like to participate. The group will depart from the Library at the KCC, and you may wish to join the group for a coffee social afterwards. For further information, including if the weather is in question on a particular day, please contact Anne directly at 519-271-5483.



YOGA, with Brad Seftel – All Abilities (NEW!)

Date/Time: Tuesdays, September 13 – October 18, 9:30 – 10:15am
Cost: \$45/member/6-week session or \$10/class
Location: Kiwanis Community Centre, Room F
Registration: Pre-register in the main office of the Kiwanis Community Centre or call 519-271-4310.

Join Brad Seftel, certified yoga instructor for a well-balanced weekly yoga class. Practice postures that facilitate balance and coordination, strength and mobility with a running theme of mindful breathing throughout.



'LIVFIT' EXERCISE CLASS, with Diane and Grant Hernden

Date/Time: Wednesdays, September 28, October 5, 19, 26 from 11:00am - 12:00pm
Cost: \$28/4-week session/member or \$8.00/class/member
Location: Kiwanis Community Centre, Auditorium
Registration: Pre-register in the main office of the KCC. Maximum of 20 participants.

Back by popular demand, you will be led through a safe and effective group exercise program to increase muscle strength and balance. We welcome individual strengths, abilities and comfort level! **Limit of 20 persons per class.**

HEALTHY ACTIVE AGING: 4-part Seminar (NEW!)

Date/Time: Wednesdays, September 28, October 5, 19, 26 from 10:00 – 10:45am
Cost: \$6/person/session
Location: Kiwanis Community Centre, Auditorium
Registration: Pre-register the Monday before each session at the KCC

Following the incredible success of our introductory Healthy Active Aging seminars in the fall of 2015 and spring of 2016, Diane and Grant Hernden are back with a new 4-part series on how to remain your most healthy and active as you age.

September 28 th	“Want to Live Longer? Move More, Sit Less!”
October 5 th	“How to Get Physical Activity into Your Life Forever”
October 19 th	“Inspired Transformations for Active Adults”
October 26 th	“Establishing Positive Relationships in Your Life”



KEEP FIT with Tini

Date: Starts September 7, Wednesday and Friday, 10:00 – 11:00am
Cost: \$2/member/class
Location: Kiwanis Community Centre, Room CD
Registration: Purchase your pass in the main office of the KCC

Tini Pel was a professional ballet teacher for nearly 60 years, and has developed a gentle but thorough exercise program for active adults. Exercises are paired to beautiful music, and can be adapted to individual needs and/or limitations.

ON-GOING SPECIAL PROGRAMS



FOOT CLINICS by Victorian Order of Nurses

Date/Time: Mondays; 30 minute appointments
Cost: \$27/person
Location: Kiwanis Community Centre, Library
Registration: Pre-register in the office of the Kiwanis Community Centre or call 519-271-4310.



BLOOD PRESSURE CLINICS

Date/Time: 3rd Tuesdays; 9:30am – 12:00pm
Cost: Free
Location: Kiwanis Community Centre, Library
Registration: Not required. Drop in.



WHEELS TO MEALS

Date/Time: 1st and 3rd Tuesdays of the Month, 12:00pm
Cost: \$9.25/person
Location: Kiwanis Community Centre, Auditorium
Registration: Pre-register in the main office of the Kiwanis Community Centre or call 519-271-4310.

Join us for our Wheels to Meals Program held on the 1st and 3rd Tuesday of the Month at 12noon for a hot cooked meal consisting of soup, meat, potatoes, vegetables, salad and dessert



IVEY'S PICTURE PERFECT NAILS

Date/Time: Wednesday, September 28, October 5, 26; 45 minute appointments
Cost: \$27/member
Location: Kiwanis Community Centre, Library
Registration: Pre-register in the main office of the KCC or call 519-271-4310.

Pamper yourself and have your nails perfectly manicured by Nadine. By appointment and for members only.

UPCOMING PROGRAMS



MEDITATION with Susan Little (NEW!)

Date/Time: Tuesdays, November 8 – December 13, 11:00 – 11:45am
Cost: \$12/member/6-week session
Location: Kiwanis Community Centre
Registration: Pre-register in the main office of the Kiwanis Community Centre or call 519-271-4310.

Feel the incredible benefits of meditation in this 6-week exploration of how the mind is connected to the 5 senses, and how to calm worry and improve inner peace. No experience required.



CHRISTMAS GIFT WRAPPING FUNDRAISER - VOLUNTEERS NEEDED!

We are looking for volunteers to help with the 2016 Christmas Gift Wrapping Fundraiser at Festival Marketplace. Choose from a single shift or multiple shifts. Socialize with fellow wrappers, and enjoy the hustle and bustle of the holiday as last minute shoppers buzz around you.

Gift wrapping training is available. **With interest or inquiries, please contact Karen at 519-271-2290 or karen.mahovlich@on.sja.ca.**